

Step 1

We admitted we were powerless over alcohol — that our lives had become unmanageable.

We learned that we had to fully concede to our innermost selves that we were alcoholics. p30 Big Book

Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

We needed to ask ourselves but one short question. -"Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" p47 Big Book

When we became alcoholics, crushed by a self-imposed crises we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is or He isn't. What was our choice to be? p53 Big Book

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

- (a) That we were alcoholic and could not manage our own lives.
- (b) That probably no human power could have relieved our alcoholism.
- (c) That God could and would if He were sought. p60 Bigbook

"God, I offer myself to Thee — to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!" p63 Big Book

Take all 12 steps in 1 month!

1st Sunday
Step 1
Read Big Book frontcover to p44

2nd Sunday
Steps 2, 3, 4
Read Big Book p44 to p71

3rd Sunday
Steps 5, 6, 7, 8, 9
Read Big Book p72 to p84

4th Sunday
Steps 10,11,12
Read Big Book p84 to 103

Set Aside Prayer

"God, please set aside everything that we think we know about ourselves, the book, sobriety, the 12 Steps, and you God. God please help each and everyone of us to have an open mind so we may have a new experience, and discover the truth."

Back to Basics Nite and Day Club Sunday 6:30 pm



22771 Shore Center Dr.
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It works - it really does.
p88 Big Book



Step 4

Made a searching and fearless moral inventory of ourselves.

Resentment

Ask the following questions for each resentment.

1. What is the resentment?
2. What is the reason I have it?
3. What's my part in the resentment?
4. Look for underlying fear.
5. What is it that I am expecting from that person?

Fear - For fear, make a list of your fears.

(See attached definitions)

For each liability

(except resentment and fear), ask the following questions:

1. Do you have any (example:self-pity)?
2. Who was effected by (example:by self-pity)?

Self-Pity
Dishonesty
False Pride
Negative Thinking
Selfishness
Greed
Intolerance
Impatience
Self-Justification
Laziness
Hate
Jealousy
Self-Importance
Insincerity
Criticizing
Procrastination
Self-Condernation
Envy
Vulgar, Immoral Thinking

Sex Conduct

We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead? We got this all down on paper and looked at it. p69 Big Book

Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better. Taking this book down from our shelf we turn to the page which contains the twelve steps. p75 Big Book

Step 6

Were entirely ready to have God remove all these defects of character.

Are we now ready to let God remove from us all the things which we have admitted are objectionable?

p76 Big Book

(Be specific of wrongs-defects-shortcomings for step 7)

Step 7

Humbly asked Him to remove our shortcomings.

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”

p76 Big Book

Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory.

p76 Big Book

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Gain consent, are you open to hearing the amend. How would you like to hear to it, in person on the phone or in writing? Share the wrong, what I did, then say I was wrong. Is there anything I can do to right this with you?

But our man is sure to be impressed with a sincere desire to set right the wrong.

p77 Big Book

We go to him in a helpful and forgiving spirit, confessing our former ill feeling and expressing our regret.

p77 Big Book

His faults are not discussed. We stick to our own. If our manner is calm, frank, and open, we will be gratified with the result.

p78 Big Book

Before taking drastic action which might implicate other people we secure their consent. If we have obtained permission, have consulted with others, asked God to help and the drastic step is indicated we must not shrink.

p80 Big Book

Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Our real purpose is to fit ourselves to be of maximum service to God and the people about us.

p77 Big Book

Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.

We continue to take personal inventory and continue to set right any new mistakes as we go along.

p84 Big Book

Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help.

p84 Big Book

Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out

Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power.

p85 Big Book

If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense.

p85 Big Book

Morning and Evening Meditation

When we retire at night, we constructively review our day.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day.

Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.

Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use.

Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

p86 Big Book

Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all?

What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review **we ask God's forgiveness and INQUIRE** what corrective measures should be taken.

p86 Big Book

PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.

p89 Big Book

But for the Grace of God.

Sharing Partner

Your time commitment to the Newcomer is 4-5 weeks. After that both you and the Newcomer will be expected to help other Newcomers through the sessions as Sharing Partners. Offer to help the Newcomer with his or her fourth step. If necessary, write the inventory based on what the Newcomer tells you.

The Newcomer

Your primary obligation is to be here every week. Keep in mind if you do what we ask you to do which is to take the steps as described in the Big Book, you will recover from alcoholism. Although a written inventory is part of the fourth step, that doesn't mean you have to do the writing. The person who is your Sharing Partner in these sessions can either help you write your inventory or he or she can write it for you.

Live
and Let
Live..

First
Things
First.

4th Step Liabilities

RESENTMENT (Anger) – Hanging on to injury or anger; Refusing to accept what has already been done.

FEAR – Holds us back from doing worthwhile things. Healthy fear helps avoid danger. Courage is fear that has said its prayers. Everything we do is done out of love or fear. (Love is positive things; fear is negative things.)

DISHONESTY (Lying & Evasiveness) – To others and to ourselves. Stealing or cheating. Pretending that things are different than they are; this keeps us from coping with life (unrealistic).

SELFISHNESS – Stinginess resulting from a concern for your own welfare and a disregard of others.

HATE – Continued anger, murderous feeling toward someone. Extremely strong dislike toward someone. Prejudice or hate for a group. Continued resentment leads to hate.

GREED (Gluttony) – Wanting more than our share. A selfish motive. We can deceive ourselves into thinking we are doing a service rather than doing it for ourselves

SELF-PITY – “Poor me” attitude; Thinking like a victim. Holds us back from doing something positive about our situation, like taking the Steps today.

SELF-JUSTIFICATION – Defending ourselves rather than admitting our faults. Prevents taking an honest inventory.

SELF-IMPORTANCE (Egotism) - Putting ourselves first. Self-centeredness. Sometimes shyness comes out of it because we are focused on ourselves rather than others.

SELF-CONDEMNATION (Guilt) – Putting ourselves down; Condemning what God has made. Bad self talk.

LAZINESS – Unwilling to work. Undisciplined.

PROCRASTINATION – Putting things off. Leaves the burdens on others. Energy drain.

IMPATIENCE – Wanting what I want when I want it; expecting

too much too soon. Refusal to surrender self-will (impatience with others). Remember how long it took us to get this way.

FALSE PRIDE (Phoniness & Denial) – Doing things for appearance rather than effectiveness. Trying to make other people think we are better than we are. Why am I afraid to tell you who I am?

Won't ask for help. Pride is a character defect that causes shame because we are ashamed of how things are. Pride causes self-condemnation.

Pride causes feelings of guilt. Either feeling better than or less than someone else.

JEALOUSY – Fear of losing someone or something.

Leads to anger or hatred toward anyone who threatens our claim to someone or something. Jealousy is related to fear.

ENVY – Wanting what someone else has and thinking how to get it. Envy is related to greed.

Insincerity – Putting up false front; People pleasing. Two-faced and deceitful. Hypocritical; Acting like we care when we don't.

NEGATIVE THINKING – Dwelling on why things can't work. Pessimistic attitude. Discouraging others.

VULGAR, IMMORAL THINKING – Sexual fantasies, thoughts of violence (waiting for someone with a baseball bat/ fantasizing about causing harm to others).

INTOLERANCE (Perfectionism) – Never being satisfied with a result (nothing is ever good enough). Expecting too much of others and of ourselves.

CRITICIZING and GOSSIP (Loose Talk) – A fault-finding attitude. Repeating criticism of others. Malicious or careless gossip.

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AA 4 Standards - 4 Absolutes

Honesty, Purity, Unselfishness, Love



5th Step Promises

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye.

We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator.

We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly.

We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.
p75 Bigbook

10th Step Promises

And we have ceased fighting anything or anyone — even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame.

We react sanely and normally, and we will find that this has happened automatically.

We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation.

We feel as though we had been placed in a position of neutrality — safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition.
p84/85 Big Book

Self Will

4th Step
(p67 Big Book)

Dishonesty ----- **Honesty**
Self-seeking ----- **Purity**
Selfishness ----- **Unselfishness**
Frightened ----- **Love**

10th Step
(p84 Big Book)

Dishonesty ----- **Honesty**
Resentment ----- **Purity**
Selfishness ----- **Unselfishness**
Fear ----- **Love**

11th Step
(p86 Big Book)

Dishonesty ----- **Honesty**
Resentful ----- **Purity**
Selfishness ----- **Unselfishness**
Afraid ----- **Love**

Much of the spiritual principles that Alcoholics Anonymous we have today came from the Oxford Group. Meditation or being in the presence of God was practiced to establish a relationship with God. The 4 absolutes was considered God's will when the Oxford Group practiced quiet time.

The 4 spiritual principles of surrender, sharing, restitution and guidance came from the Oxford group.

The AA pioneers practice daily written meditation or quiet time. When you practice quiet time, be quiet, still, relax and listen. Write down the thoughts that come. Test each thought using the 4 absolutes.

Use the 4 absolutes to separate God thoughts from self thoughts. **God thoughts in guidance is that passes the "test" of the 4 absolutes. Is it PURE? is it HONEST? is it UNSELFISH? is it LOVE?**

We share what we have written that has come from God, NOT from you (self will) to demonstrate that God does "disclose Himself to us" and because sometimes the guidance we receive isn't for us but for someone else.

The 4 absolutes are in the Big Book of Alcoholics Anonymous! The OPPOSITE of Dishonesty is Honesty, Resentment is Purity, Selfishness is Unselfishness, Fear is Love.

4 Absolutes God's Will

9th Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us — sometimes quickly, sometimes slowly. They will always materialize if we work for them.
p83/84 Big Book

The age of miracles is still with us. Our own recovery proves that!
p153 Big Book

Remind the prospect that his recovery is not dependent upon people. It is dependent upon his **relationship with God.**
p99/100 Big Book

Each individual, in the personal stories, describes in his own language and from his own point of view the way he **established his relationship with God.**
p29 Big Book

How To Listen to God

By John E. Batterson

This Oxford Group Pamphlet was written in the 1930's. John E. Batterson was a personal friend of Dr Bob, AA Co-Founder

Meditation

Example of blocks, see section 9, back page

These are a few simple suggestions for people who are willing to make an experiment. You can discover for yourself the most important and practical thing any human being can ever learn how to be in touch with God. All that is needed is the **willingness to try it honestly**. Every person who has done this consistently and sincerely has found that it really works. Before you begin, look over these fundamental points. They are true and are based on the experience of thousands of people.

1. God is alive. He always has been and He always will be.
2. God knows everything.
3. God can do anything.
4. God can be everywhere-all at the same time. (These are the important differences between God and us human beings.)
5. God is invisible-we can't see Him or touch Him-but **God is here**. He is with you now. He is beside you. He surrounds you. He fills the room or the whole place where you are right now. He is in you now. He is in your heart.
6. God cares very much for **you**. He is interested in you. He has a plan for your life. He has an answer for every need and problem you face.
7. God will tell you all that you **need** to know. He will not always tell you all that you **want** to know.
8. God will help you do anything that He asks you to do.
9. Anyone can be in touch with God, anywhere and at any time, **if conditions are obeyed**. These are the conditions:
 - **To be quiet and still**
 - **To listen**
 - **To be honest about every thought that comes**
 - **To test the thoughts to be sure that they come from God**
 - **To obey**

So, with these basic elements as a background, here are specific suggestions on how to listen to God:

1. **Take Time** Find some place and time where you can be alone, quiet and undisturbed. Most people have found that the early morning is the best time. Have with you some paper and pen or pencil.
2. **Relax** Sit in a comfortable position. Consciously relax all your muscles. Be loose. There is no hurry. There needs to be no strain during these minutes. God cannot get through to us if we are tense and anxious about later responsibilities.
3. **Tune In** Open your heart to God. Either silently or aloud, just say to God in a natural way that you would like to find His plan for your life-you want His answer to the problem or situation that you are facing just now. Be definite and specific in your request.
4. **Listen** Just be still, quiet, relaxed and open. Let your mind go "loose." Let God do the talking. Thoughts, ideas, and impressions will begin to come into your mind and heart. Be alert and aware and open to every one.
5. **Write!** Here is the important key to the whole process. Write down everything that comes into your mind. **Everything**. Writing is simply a means of recording so that you can remember later. **Don't** sort out or edit your thoughts at this point.

Don't say to yourself:

This thought isn't important
This is just an ordinary thought
This can't be guidance
This isn't nice
This can't be from God
This is just me thinking, etc

Write down everything that passes through your mind:

Names of people
Things to do
Things to say
Things that are wrong and need to be made right

Write down everything Good thoughts-bad thoughts - Comfortable thoughts-uncomfortable thoughts - "Holy" thoughts--"unholy" thoughts Sensible thoughts - "crazy" thoughts - Be Honest! Write down **everything** - A thought comes quickly, and it escapes even more quickly unless it is captured and put down

6. Test When the flow of thoughts slows down, stop. Take a good look at what you have written. **Not every thought we have comes from God.** So we need to test our thoughts. Here is where the written record helps us to be able to look at them.

- A) Are these thoughts completely honest, pure, unselfish and loving?**
- B) Are these thoughts in line with our duties to our family, to our country?**
- C) Are these thoughts in line with our understanding of the teachings found in our spiritual literature?**

7. Check When in doubt and when it is important, what does another person who is living two-way prayer think about this thought or action? More light comes in through two windows than one.

Someone else who also wants God's plan for our lives may help us to see more clearly. Talk over together what you have written. Many people do this. They tell each other what guidance has come. This is the secret of unity. There are always three sides to every question-your side, my side, and the right side. Guidance shows us which is the right side-not who is right, but what is right.

8. Obey Carry out the thoughts that have come. You will only be sure of guidance as you go through with it. A rudder will not guide a boat until the boat is moving. As you obey, very often the results will convince you that you are on the right track.

9. Blocks? What if I don't seem to get any definite thoughts? God's guidance is as freely available as the air we breathe. If I am not receiving thoughts when I listen the fault is not Gods.

Usually it is because there is something **I will not do:**

- something wrong in my life that I will not face and make right;**
- a habit or indulgence I will not give up;**
- a person I will not forgive;**
- a wrong relationship in my life I will not give up;**
- a restitution I will not make;**
- something God has already told me to do that I will not obey;**

Check these points and be honest. Then try listening again.

10. Mistakes Suppose I make a mistake and do something in the name of God that isn't right? Of course we make mistakes. We are humans with many faults. However, **God will always honor our sincerity.** He will work around and through every honest mistake we make.

He will help us make it right. **But remember this!** - sometimes when we do obey God, someone else may not like it or agree with it. So when there is opposition, it doesn't always mean you have made a mistake.

It can mean that the other person doesn't want to know or to do what is right. Suppose I fail to do something that I have been told and the opportunity to do it passes?

There is only one thing to do. Put it right with God. Tell Him you're sorry. Ask Him to forgive you, then accept His forgiveness and begin again. God is our Father-He is not an impersonal calculator. He understand us far better than we do.

11. Results We never know what swimming is like until we get down into the water and try. We will never know what this is like until we sincerely try it. Every person who has tried this honestly finds that a wisdom, not their own, comes into their minds and that Power greater than human power begins to operate in their lives.

It is an endless adventure. There is a way of life, for everyone, everywhere. Anyone can be in touch with the living God, anywhere, anytime, **if we fulfill His conditions.**

**When man listens, God Speaks.
When man obeys, God Acts.**

This is the law of Prayer.

God's plan for this world goes forward through the lives of ordinary people who are willing to be governed by Him.